



Quarterly Newsletter

April 2011, Issue 7

APRIL IS ALCOHOL AWARENESS MONTH



Just as the problem is One Too Many, the solution also comes down to one. One organization, one person making a commitment to raising awareness of the problem and the solution in our family, our school, our community, our church, our workplace through a focus on education, prevention, treatment and recovery.



DDR, FAP, & MH Staff performed prevention puppet shows during February and March.



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TOP FIVE REASONS MIXING CAFFEINE OR ENERGY DRINKS WITH ALCOHOL IS A REALLY BAD IDEA...

1. Mixing caffeine and alcohol can increase the risk of alcohol poisoning. Since caffeine makes people feel "less drunk" than they really are, they tend to drink more than they should.
2. Mixing alcohol and caffeine can make your heart rate and blood pressure rise.
3. Caffeine can make you feel energetic even if you're drunk. Why is this dangerous? Because people can be "tricked" into thinking they are alert enough to do things like drive a car, when they really aren't.
4. Caffeine and alcohol are both diuretics, leading to dehydration (and really bad hangovers).
5. Adding caffeine to alcohol can make drinking alcohol all the more addictive.

- Alcohol can damage both long and short-term growth processes of the adolescent brain, which continues developing into a person's mid-20s.
- Real kids are curious about alcohol. 40% try it by the 8th grade.



Looking for "THAT GUY" playing cards, coasters or posters for your squadron or personal use? Visit ADAPT, DDR, or the HAWC. These items have been popular and we are keeping them in stock! Don't know what "THAT GUY" is? Visit <http://www.thatguy.com/>

- Alcohol is involved in the deaths of 85,000 Americans every year.
- Harmful drinking is linked to epilepsy, cardiovascular diseases, cirrhosis of the liver, and various cancers.
- Drunk Driving Costs each adult about \$500 per year.
- Teen alcohol use kills about 6,000 people each year, more than all illegal drugs combined.
- Approximately 50% of sexual assault cases involve alcohol consumption by one or both parties.

THE COST OF A NIGHT OUT



- BEER: \$3.00-\$9.00
- MIXED DRINK: \$4.00-\$10.00
- BUYING A ROUND: \$\$\$
- CAB RIDE HOME: \$5-50



ARREST FOR PUBLIC DRUNKENESS, FIGHTING, ETC. \$\$\$\$\$\$

- MULTIPLY YOUR AVERAGE # OF DRINKS PER NIGHT BY THE COST OF YOUR PREFERRED DRINK.
- MULTIPLY THAT # BY THE # OF NIGHTS YOU DRINK EACH MONTH.
- FOR THOSE WHO DRINK 5 MIXED DRINKS A NIGHT, ONE NIGHT A WEEK, IT'S COSTING ROUGHLY \$1200 A YEAR TO DRINK ALCOHOL.
- **5+ DRINKS IN ONE SETTING IS CONSIDERED HIGH RISK BINGE DRINKING**

Why is drinking alcohol while I'm pregnant such a bad thing?

- If you drink alcohol while you are pregnant, you can hurt your baby's brain, heart, kidneys, and other organs.



- Then your baby could be born with a problem called fetal alcohol syndrome or FAS.
- Babies born with FAS have faces that do not look "normal."
- They may be small and not weigh as much

as other babies. This means they are not off to as good a start in life as other babies.

- Some babies with FAS will have mental retardation.
- Other babies will have a hard time learning and controlling how they act.
- These problems do not go away. They last a lifetime.

What if I'm not planning to have a baby yet?

- Lots of women do not plan on getting pregnant. But it happens—every day.
- And most women do not know they are pregnant until they've missed at least one or two periods.
- Women who drink alcohol and do not use birth control when they have sex may get pregnant and expose their baby to alcohol before they know they are pregnant.

Is it okay to drink a little during pregnancy, as long as I don't drink hard liquor?

- No. There is no safe level of alcohol you can drink during pregnancy.
- A 12-ounce can of beer has the same amount of alcohol as a 4-ounce glass of wine or a 1-ounce shot of straight liquor.
- Some drinks, like wine coolers or malt or mixed drinks, may have more alcohol in them than a 12-ounce can of beer.
- The best choice is not to drink at all when you are pregnant.



I drank before I knew I was pregnant. What should I do now?

- It is never too late to stop. The sooner you stop drinking, the better it will be for both you and your baby.
- Make sure you get regular prenatal checkups and tell your doctor or nurse you have been drinking.
- They can give you tips on what to do. Follow their advice.

If I drank when I was pregnant, does that mean my baby will have FAS?

- It is not always easy to tell if a newborn baby has FAS.
- Alcohol can affect unborn babies in different ways.
- Even if a baby does not have all the problems of FAS, the baby may be born with other problems if the mother drinks alcohol while she is pregnant.
- Some babies will have trouble learning or behaving.